

Discussion on the Teaching Reform of College Physical Education under the Background of Campus Football

Zhan Chongjiang

Jiyang College of Zhejiang Agriculture & Forestry University, Zhuji Zhejiang 311800, China

ABSTRACT. *The rapid economic development in the new era puts forward new requirements for the training of advanced talents, which should promote the comprehensive and coordinated development of college students' comprehensive capabilities. Especially based on the background of the campus football era, college physical education teachers are required to innovate educational concepts, innovate teaching methods, promote students to feel the charm of football, and let more students enter the football game, love football and learn football. As a result, it helps the students' personalized learning and development, so that they have high enthusiasm for operation and a rich cultural life after school. In view of this, the author combines his own work experience, based on the background of the campus football era, to discuss the promotion measures of college sports education reform.*

KEYWORDS: *Campus football, Colleges and universities, Physical education reform, Strategy*

1. Introduction

Whether it is based on the perspective of promoting college students to form a lifelong exercise awareness, or urging colleges and universities to actively play their role as the main position of building a sports power, in the process of further advancement of sports education reform, colleges and universities should pay attention to football teaching. As a result, actively respond to the call of the “Healthy China” strategy, cultivate football talents, enhance students' football athletic ability, and help the overall development of students' comprehensive abilities. As campus football moves towards the 2.0 era, primary and secondary schools in various places are actively innovating football teaching methods and organizing campus training camps. Colleges and universities should also integrate it into the physical education reform. This requires college physical education teachers to have the spirit of teaching reflection, optimize the way of teaching football, and improve the effectiveness of physical education.

2. Significance of Promoting College Physical Education Reform under the Background of Campus Football

The “Outline for Building a Powerful Sports Country” clearly states that “promote the popularization and improvement of football, basketball, and volleyball [1]”. my country is the birthplace of football, and there are certain shortcomings in the development of football. For this reason, we should give full play to the helpful role of education and teaching, strengthen talent training, and promote the development of football in the process of enhancing the physical quality of college students. In this way, students who are interested in football and possess a special skill can enter the learning and training of personalized football. On the one hand, it promotes the continuous and in-depth advancement of the college sports education reform; on the other hand, it can train batch after batch Of high-quality professional players. Through the integration of sports and education, talent training can be implemented, so that more college students can feel the charm of football, and help the high-quality development of football education.

In this way, it will help to form a perfect football education system, allowing students to contact and learn football at different stages such as “primary school-middle school-university”, making football education more consistent and stable, and allowing students to regard football as one. This belief and feeling of football spirit will enhance their frustration endurance and teamwork ability; it will also help build a university football culture system, create a good sports atmosphere, and provide students with more opportunities and platforms to show themselves and learn and develop . In addition, new requirements have been put forward for the football teaching level and ability of physical education teachers. Innovative skills teaching and football training methods should be innovated, and interaction and communication with students should be emphasized. Thus, the construction of a teacher-student relationship that is also a teacher and a friend, and promotes the quality and efficiency of college physical education reform [2].

3. The Current Situation and Existing Problems of Football Teaching in Colleges and Universities

3.1 Single Teaching Method

Based on the background of the campus football era, to promote the promotion of efficient physical education reform, teachers need to innovate educational concepts, apply multiple teaching guidance methods, and resolve the problem of relatively single football teaching and lack of interest in learning by students. In the past college football teaching, teachers paid more attention to the teaching of sports skills, or allowed students to perform mechanical training, which would cause a department of students to have a boring and boring impression of football learning [3]. Especially for girls, facing the confrontational and competitive football, in the teachers' one-of-a-kind sports teaching, they can't afford to learn.

3.2 Outdated Educational Concepts

Some teachers ignore the cultivation of students' interest and regard improving their physical fitness as the main goal of football teaching. Outdated educational concepts and limited interaction and communication with students make football teaching limited. This has caused students who were originally obsessed with football to resist the classroom teaching. To this end, teachers should pay attention to diversified guidance and enhance students' understanding of football, so that they have a strong enthusiasm for sports learning. Even in their spare time, they will actively participate in the selection of talents for sports clubs or club activities organized by the school or school team.

3.3 Insufficient Teaching Knowledge

Many teachers believe that football teaching is relatively difficult and requires high classroom organizational skills. The same is ball games, it is better to directly make students learn basketball and volleyball. You must know that my country is a big sports country and has trained a large number of top international sports talents in different fields such as table tennis, diving, badminton and volleyball. Relatively speaking, the development of football is relatively slow. As the cradle of professional and high-quality talents, colleges and universities should be based on the background of campus football era, promote teaching innovation, and cultivate reserve talents for the development of football.

4. Teaching Reform Measures of College Physical Education under the Background of Campus Football Era

4.1 Innovate Educational Concepts and Cultivate Interest in Football Learning

In order to promote the characteristic development of campus football and help the orderly advancement of college physical education reform, teachers should innovate football education concepts and form a "student-oriented" consciousness [4]. Therefore, based on the perspective of promoting the comprehensive development of students' comprehensive abilities, football teaching is organically combined with college students' hobbies, learning characteristics, and physical and mental development, making physical education more open, flexible and selectable. In this way, it will not only help break through the bottleneck of physical education teaching, cultivate students' high sports interest, but also help their differentiated learning and development, so that students' physical, psychological, spiritual, and will quality can be significantly improved. For example, based on the guidance of the "student-oriented" concept, teachers can enrich the forms of warm-up exercises in football teaching, strengthen teachers' understanding of students' sports abilities, and expand and extend football teaching in reality.

4.2 Use Diverse Teaching to Enrich Football Learning Experience

In order to improve the effectiveness of football teaching and build a good campus football cultural atmosphere, teachers should also have multiple teaching abilities. Thus, through different methods such as informatization teaching, flipped classroom, group cooperative learning, and game teaching, students can be integrated into football teaching. For example: Teachers can introduce the teaching method of small court competitions, divide students into different groups, and enable them to practice passing, stopping, shooting and defending on the inside of their feet. In the competitive competition, students can feel the fun of football, with explosive power and sensitive reaction ability. In addition, teachers can also make micro-courseware or use MOOC teaching mode to enable students to understand more football skills, broaden their knowledge horizons, enable students to have a sense of collaboration, feel the spirit of football, and achieve moral education penetration.

4.3 Encourage Girls to Participate and Actively Promote Teaching Students in Accordance with Their Aptitude

In order to promote the implementation of physical education reforms, in the context of the campus football era, teachers should also encourage the active participation of girls and moderately adjust the teaching structure so that they can devote themselves to football teaching. For example: the introduction of a layered teaching method, comprehensive assessment of students' athletic ability, and attention to the development of girls' football skills, so that they understand the benefits of football. In addition, women's football teams in colleges and universities can be established to specifically develop football learning methods that are more suitable for girls. Promote the implementation of teaching reform through the "tailor-made" football teaching.

4.4 Focus on Practical Training and Highlight the Advantages of Football Teaching

In the context of the campus football era, to promote the development of physical education reform in colleges and universities, we should also pay attention to teaching expansion and break the restrictions of physical education classroom teaching. Therefore, teachers should not only attach importance to communication and exchanges with students, but also create more practical learning opportunities for them. For example, you can pay attention to the activities of campus football clubs, organize school team leagues between colleges and universities, hold campus football matches, etc., to create a relatively strong campus sports cultural atmosphere. To make students bid farewell to the "head-down family", and to learn and train football in their spare time. Through football, students' communication range is broadened, and their sports hobbies are developed, so that college students have good athletic ability, physical fitness, psychological quality, stress resistance

and frustration ability.

5. Conclusion

In summary, constructing an efficient classroom in college sports, innovating the development of campus football, and contributing to the building of a sports power is not an overnight task. As a university physical education teacher, on the one hand. Students should have a student-oriented consciousness, guide and promote the personality development of students, explore their sports potential, and enable them to contact football, understand football, and master sports skills; on the other hand, football teaching should be related to college students' athletic ability, physical and mental development, and learning Features, sports hobbies, etc. are organically integrated, and different methods such as small-field competitions, inter-school leagues, and establishment of campus football teams are introduced to reflect the advantages of football and enrich students' football learning experience. As a result, it will help the orderly advancement of teaching reform in colleges and universities, and allow college students to form a lifelong awareness of exercise.

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